

20 TEAM IMPACT 11

**DRILL HARD...WRESTLE HARDER...WIN EASIER...TRAIN THE
IMPACT WAY**

www.impact-wrestling.com

IMPACT WRESTLING ACADEMY LLC (Team Impact) was established in March 2005. Led by Coach Chris Steinbacher (2X NCAA D3 All-American), Team Impact focuses on proper technique, positioning, hard drilling, mental toughness and preparation, intensive training, and conditioning to help any level of wrestler reach their potential.

It is an ongoing process of design, laying the foundations, forming, building, bonding, changing, detailing, refining and reinventing that takes place during the training process at the Impact Wrestling Academy. When not wrestling hard in the practice room, Impact travels and seeks out some of the top competition that the Nation and Virginia have to offer. In addition to setting and achieving goals on the mat, Team Impact emphasizes having success in the classroom and in life as well. During the process of training and competing, Impact offers the opportunity for wrestlers to learn, work hard, and have fun while training and bonding with wrestlers and families from across the Central Virginia area.

During the last five years, Impact has grown into a well known and established club that has helped produce some of the Central Region and VHSL AAA and AA's best wrestlers. Team Impact has helped produce over 60 District/Sectional Individual Championships, multiple Regional Champions and medalists, and over 20 state medalists as well as having several wrestlers continue on and compete at the college level during its short tenure as one of Virginia's elite wrestling clubs.

The coaching staff and the Impact family look forward to welcoming new and former wrestlers into our wrestling room at our NEW facility located in the Blackhawk Youth Wrestling building in Powhatan, VA which is equipped with two full-sized wrestling mats, padded walls, a weight room, and an incredible amount of space to cross train. The facility is located not far from the 288 Midlothian Tnpk. Powhatan Exit.

Wrestling is a priority for our wrestlers and their family's lives; if you want to be part of a successful program then IMPACT is the perfect place.

Coaching Staff

- Chris Steinbacher (NJ State Medalist, 2x All-American)
- Curt Jones (2x VA State Medalist, Competed at UNC-Pembroke)
- John Goodbody (VA State Medalist)
- Josh Dix (VA State Medalist-Lindenwood)
- Jordan Dix (4x VA State Medalist-Current 141 Starter at The Citadel)
- Former Impact and College Wrestlers

**Team Impact also plans to host National Champion and All-American Special Guest*
Clinicians*

March: Folkstyle

April-July: Freestyle and Greco

August-November: Folk/Super 32 Training

Where: Team Impact/Blackhawk Youth Wrestling Room, 2515 Anderson Highway Powhatan, VA 23139

Contact: Coach Steinbacher 804-338-7981 or WLDBOUND@aol.com, Coach Goodbody 804-855-4148 or goodbodyjl@vcu.edu, and Coach Jones 804-382-1615 or curtjones87@gmail.com.

Details/Schedule: **Subject to Change** (keep updated at www.impact-wrestling.com and www.powindwc08.org)

March-May

Monday-Wednesday

High School 6:30- 8:30

Friday

Elementary/Middle School 6:30-8:00

(Rates will vary for youth wrestlers during these months)

June to November 1st

Monday-Wednesday Class

High School 6:30-8:00pm

Tuesday-Thursday Classes

Elementary School 6:00-7:15pm

Middle School 7:15-8:45pm

Sunday practice will begin in late April for all members-Time TBD

PRICES

PLAN 1: 1 Month \$130

PLAN 2: 2 Month \$230 (Deposit \$130)

PLAN 3: 4 Month \$400 (Deposit \$200)

PLAN 4: 8 Months \$690 (Deposit \$190)

**Plans 2-4; monthly payment arrangements of \$100 will be required on the first Monday of each month following March *Sibling Rates Available as well as Team Rates*

- **ALL WRESTLERS MUST HAVE VALID USAW CARD TO PARTICIPATE**
Available through Impact Wrestling Academy or www.themat.com for \$35.00